



## Flourless Peanut Butter Brownies



1/9th of pan (1 brownie): 130 calories, 9g total fat (4g sat fat), 207mg sodium, 17g carbs, 3g fiber, 1g sugars, 8g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 10 minutes    **Cook:** 30 minutes

**Cool:** 1 hour



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

1 cup [powdered peanut butter](#)  
1/2 cup unsweetened dark cocoa powder  
1/2 cup Truvia spoonable no-calorie sweetener (or another calorie-free sweetener that's twice as sweet as sugar)  
1/4 tsp. salt  
1/2 cup whipped butter  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1 tbsp. creamy peanut butter

### Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium-large bowl, mix 3/4 cup powdered peanut butter with cocoa powder, sweetener, and salt.

In a medium microwave-safe bowl, microwave butter for 30 seconds, or until melted. Add egg and 1/4 cup water. Stir until uniform. Add mixture to the medium-large bowl, and mix until uniform. (Batter will be thick.)

Transfer to the baking pan, and smooth out the top.

In a small bowl, mix remaining 1/4 cup powdered peanut butter with 3 tbsp. water until smooth and uniform. Add creamy peanut butter, and stir until uniform.

Spoon peanut butter mixture onto brownie batter, and swirl with a knife.

Bake until a toothpick or knife inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

**MAKES 9 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.